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**Parental/guardian evidence for AHFO programme for positive change.**

**Please provide any evidence you feel is relevant in each area. This is really important for us to be able to identify areas of the programme the children are ticking off, with the activities they are involved in away from the hub either in groups or at home.**

**HEALTH & WELL BEING –** Please provide evidence of anything related to the following: Exercising, taking part in sports groups or activities, healthy eating, cooking healthy, choosing fruit over unhealthy snacks, cutting down social media & TV, mindfulness or meditation to relax the mind.

**PERSONAL DEVELOPMENT -** Please provide evidence of anything related to the following: Learning new life skills, showing leadership qualities, self responsibility, awareness of actions and behaviours. Budgeting money/saving up etc. Cleaning the bedroom, helping with household chores, reducing social media, TV and mobile phone use, personal hygiene washing, brushing teeth, washing clothes, showering or bathing regularly. Showing good morals and values at home or in the community and with family.

**POSITIVE COMMUNITY ENGAGEMENT -** Please provide evidence of anything related to the following: Positive actions in the community, school or in local area. Fundraising for AHFO, picking litter, helping others, being kind.

**CHILDREN’S CHOICES-** Please provide evidence of anything related to the following: Making better choices that will help them in the future. Making healthier choices around food, social media etc, making choices that aren’t selfish.